

Abstract of the Disclosure

Variable	Mean	SD	Min	Max
Age	34.5	10.2	21	55
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Income	\$10,000	\$20,000		
Health status	Good	Fair		
Exercise frequency	Weekly	Monthly		
Stress level	Low	High		
Smoking status	Smoker	Non-smoker		
Alcohol consumption	Regular	Occasional		
Dietary habits	Healthy	Unhealthy		
Sleep patterns	Regular	Irregular		
Work-life balance	Good	Poor		
Family support	Strong	Weak		
Community involvement	Active	Passive		
Life satisfaction	High	Low		
Overall well-being	Excellent	Fair		